



Student Goal Setting and Reflection – High School

Setting and accomplishing goals is an incredibly important life skill. The first step is to set a goal. Then you need to make a plan to help you envision how you'll accomplish your goal and track your progress over time. Take time to reflect on what's working well, and make adjustments as needed. When you reach your goal, celebrate your achievement!

Instructions for facilitator: Use this form to guide students through the process of goal setting and reflection. First, build confidence by having students think of things they've accomplished in the past. Then guide them through a process for setting long-term goals. Have students keep this paper, look at it often, and reflect on what's working well and what adjustments might be needed.

Name Your Accomplishments

Name _____

Group _____

Directions: In the space below, draw or write everything you accomplished last year. Include any moments of struggle that turned into an accomplishment or success.

Part I: Things I Accomplished



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Set Long-Term Goals

Directions: Use the space below to record your goals for the year and to envision how you'll reach those goals. Keep this paper and look at it often to check your progress as you work toward your goals.

<i>Part 2: Set and Visual Goals</i>			
<i>Goal</i>	<i>Potential Challenges</i>	<i>How I'll Overcome Potential Challenges</i>	<i>How I'll Feel When I Succeed</i>

